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**B.C. polygamist leader says he would welcome probe into allegations of child brides in the community.** Video at [metronews.ca](http://metronews.ca)

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Spy planes that mimic birds or insects may be put to work in disaster zones.

## Province to hear about GreenTRIP funding

The province says funding announcements are on the way for GreenTRIP projects but city council is considering a backup plan.

A spending bylaw will be looked at tomorrow to create cash flow through borrowing for the NAIT LRT line. The city has put \$80 million towards the \$200-million project but is counting on GreenTRIP funds for the rest. A total of \$800 million has been promised to the capital region, said transportation spokesperson Tammy Forbes. "The question is how quickly it will be there," said Coun. Ben Henderson. "If we want to stay on a schedule for 2014, we have to do the next stage of the NAIT line."

• HEATHER MCINTYRE

## Left out in cold after LRT delay

After half an hour on an LRT platform in bone-chilling temperatures yesterday, Coun. Don Iveson wants answers. Iveson said he and about 200 others were left in the cold at the Belgravia McKernan station.

Dave Geake, LRT director, said a train broke down on the switches at Century Park station just after 8 a.m., reportedly amounting to three in total. Geake said he would look into whether those occurred — as Iveson said no announcement was made where he was waiting. Iveson will make an inquiry at city council tomorrow regarding announcements and possible solutions for future breakdowns.

• HEATHER MCINTYRE



► Snow mountains in residential culs-de-sac will be removed if necessary by city crews, who were at work removing piles of the white stuff on 150 Avenue and 22 Street yesterday morning.

# Snow budget half spent

Blowing snow and temperature swings from 9 C to below -30 C create plowing challenges: City Streets with access issues also needing attention

**SHELLEY WILLIAMSON**  
EDMONTON@METRONEWS.CA

With March already threatening to come in like a lion, the city's snow spending is \$12 million over budget and clearing costs are still piling up.

"It's winter in Edmonton. It would be unusual to not have snow after February," said Brice Stephenson, the city's manager of transportation operations.

The city pushed \$24 mil-

lion into snow-related costs in January alone, twice the amount spent on the white stuff the same month last year — and over half the year's total budget.

Though not finalized, February's costs are expected to be above average, said Stephenson, crediting hiring out crews to deal with January's record dumps working into last month for higher numbers.

About 120 city graders were out since Saturday on

mainly arterial roads to deal with snow accumulated over the weekend, "double-shifting" in 12-hour stints versus their usual eight.

"Basically you have twice as many people out," Stephenson said, adding his department was waiting to see final snowfall yesterday before enlisting non-city workers.

A report will go to council March 8, to examine if current snow policies are measuring up.

### Snow bank

1 The city's snow budget for the 2011 calendar year is \$42.8 million.

2 In 2010, the city ended the year with \$6 million in its snow removal coffers.

3 Edmonton saw a record 60 centimetres of snowfall in January.

## Edmonton man gets in UFC ring

Edmonton's Ryan McGillivray will be featured on Season 13 of The Ultimate Fighter.

The 24-year-old welterweight will be on the reality TV show, which debuts March 30.

The fighters are vying for a contract to fight in the UFC. The two finalists

will square off in a live finale June 4.

This season's coaches are former UFC heavyweight champion Brock Lesnar and Brazilian banger Junior Dos Santos.

McGillivray will be one of 14 fighters on the show.

THE CANADIAN PRESS

### Record

► Martial arts McGillivray has a mixed martial arts record of 11-4-1.

### News in brief

#### Accused drunk driver gets bail

**CRASH.** Bail was granted yesterday for Stephanie Beckley, 26, accused of drunk driving in a crash that killed 23-year-old university student Laura Chee.

The Kamloops, B.C. native was reportedly behind the wheel of a jeep that T-boned a car Feb. 21.

She must stay in Alber-

ta and abstain from both alcohol and driving.

• METRO

#### Lawyers ask for more trials

**DEATHS.** Michael Briscoe may face three trials for two first-degree murder charges following the 2005 deaths of Nina Courtepatte and Ellie May Meyer.

Lawyers said they want a separate trial for the kidnapping and sexual assault of Courtepatte.

A decision will be made March 10. • METRO

# Province behind in wait times

► Improvements need to be made, Alberta Health Services admits



► PhD candidate Rachel Murphy at the Cross Cancer Institute yesterday.

ALISON BAIRD/FOR METRO

## Fish fights cancer: Study

A study conducted by a U of A research team found that lung cancer patients who took fish oil during their chemotherapy treatment had less muscle loss and experienced a decrease in the size of their tumour.

## Stroke plan reduces mortality

**\$42.5M** is the funding since 2005 to the Alberta Provincial Stroke Strategy. AHS now assumes funding.

Tim Seefeldt never imagined he was suffering a stroke when he awoke feeling "weird" last March.

The 46-year-old credits his wife and daughter with recognizing the symptoms, paired with quick transport and treatment "within an hour" in hospital, for his remarkable recovery.

The province released its Provincial Stroke Strategy (APSS) report yesterday, which the author says has reduced in-hospital mortality rates by 27 per cent for ischemic strokes and

28 per cent for hemorrhagic strokes, among other progress.

"Today when I am on call I feel more confident in our ability as a system to deliver the appropriate care at the appropriate time," said neurologist Dr. Tom Jeerakathil.

The program includes a hotline for doctors to consult with neurologists if they suspect a stroke, prevention education and 28 stroke centres with better access to treatment, including clot-busting drugs.

► SHELLEY WILLIAMSON

Alberta Health Services said the province is not where it said it would be in slicing emergency wait times in its top cities.

"I'm not confident in where we are today," Dr. Chris Eagle, AHS acting president and chief executive officer, said yesterday.

The province set a 70 per cent target for patients to be seen, assessed, treated and discharged within four hours and a 45 per cent success rate to see, assess, treat and admit those

"I'm not confident in where we are today.... When people come to the emergency room, they expect to be seen in a timely manner."

CHRIS EAGLE, AHS ACTING PRESIDENT AND CEO

needing more care in eight by today.

Though better than in October — when AHS reported meeting goals 20 to 25 per cent of the time — patients are still waiting longer than the targets in

Calgary and Edmonton emergency rooms.

"When people come to the emergency room, they expect to be seen in a timely manner," said Eagle.

► SHELLEY WILLIAMSON



► Emergency room wait times need to improve, AHS said yesterday.



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## News in brief

## Photos focus on leadership

**BAHRAIN.** Photographers demonstrated yesterday in Manama, demanding the information minister resign and condemning state-run Bahrain TV for airing what they claim are fake images aimed at misleading the public.

Protesters escalated pressure on the nation's embattled monarchy.

THE ASSOCIATED PRESS

## Protesters set store ablaze

**OMAN.** Protesters set a supermarket ablaze and ral-

lied at two places in the seaside town of Sohar, about 120 miles northwest of the capital of Muscat, yesterday in a third consecutive day of unrest that has included deadly clashes in the strategic Gulf nation.

Oman, ruled by a powerful family dynasty, marks the latest flashpoint in the Arab world's challenges to authority.

THE ASSOCIATED PRESS

## Britain open to military force

**LONDON.** Prime Minister David Cameron says Britain is working with its allies on a plan to establish a military no-fly zone over Libya.

Cameron did not say whether that meant that the U.K. or its allies were moving to ban Libyan aircraft from flying immediately or simply making plans in case the situation there escalated.

But he told British lawmakers yesterday that he did not "in any way" rule out the use of military force.

THE ASSOCIATED PRESS

# Canada slams Libyan regime

► Government says Moammar Gadhafi should face trial ► Libyan leader's assets here are frozen

Canada says Moammar Gadhafi should be hauled before the International Criminal Court to answer for attacking his own people.

The call by Foreign Affairs Minister Lawrence Cannon yesterday came as the Libyan Embassy in Ottawa abandoned Gadhafi and pledged its "utter solidarity" with the pro-democracy uprising.

"We would obviously be in agreement — total agreement — with any resolution that came forward that would bring Gadhafi to the authority of the international court," Cannon said at a UN Human Rights Council meeting in Geneva.

He spoke after the chief prosecutor of the Interna-



► Foreign Affairs Minister Lawrence Cannon.

tional Criminal Court raised the possibility that attacks on civilians by forces loyal to Gadhafi could result in the Libyan strongman facing charges of crimes against humanity.

Luis Moreno-Ocampo said he hoped to decide within days whether to formally open an investigation that could lead to charges.

THE CANADIAN PRESS

## Mubarak's wife, son grounded in Egypt

Airport officials say authorities prevented the wife and son of ousted Egyptian president Hosni Mubarak from flying out of the Red Sea resort of Sharm el-Sheikh hours before authorities banned the Mubarak family from travelling abroad.

The officials said yesterday that Mubarak's wife Suzanne and younger son Gamal tried to board a private jet Sunday at the airport in Sharm el-Sheikh, where they have been staying since Mubarak stepped down on Feb. 11.

Authorities told them they cannot leave without special permission.

Yesterday, Egypt's top prosecutor seized all the funds of Mubarak and his family and banned them from travelling abroad.

It was not clear whether the ban was issued because they tried to leave.

THE ASSOCIATED PRESS

# Heat is on Gadhafi to end bloody crackdown

International pressure on Moammar Gadhafi to end his crackdown on opponents escalated yesterday as his loyalists closed in on rebel-held cities nearest the capital.

The U.S. moved naval and air forces closer to Libya and said all options were open, including the use of warplanes to patrol the North African nation's skies and protect citizens threatened by their leader.

France said it would fly aid to the opposition-controlled eastern half of the country.

"Gadhafi has lost the legitimacy to govern, and it is time for him to go without further violence or delay," U.S. Secretary of State Hillary Clinton said.

"No option is off the table. That of course includes a no-fly zone," she added.



► A Libyan boy sits in front of a mural in Benghazi.

The uprising that began Feb. 15 has posed the most serious challenge to Gadhafi in his more than four decades in power. His bloody crackdown has left hundreds, and perhaps thousands, dead.

Gadhafi, who in the past two weeks has launched the most brutal

crackdown of any Arab regime facing a wave of popular uprisings, laughed off a question from ABC News about whether he would step down as the Obama administration demands.

"My people love me. They would die for me," he said.

THE ASSOCIATED PRESS

**2013**  
President Ali Abdullah Saleh, who has been in power 32 years, has promised to step down after elections in 2013, but this has not halted protests.

# on the hou\$e

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## Yemen revolt goes on

Yemen's president offered yesterday to form a unity government with opponents —

provided protests against him stop. The gesture was rejected.

President Ali Abdullah Saleh's latest move comes a day before opponents were to stage "a day of rage" across the country calling for his ouster.

THE ASSOCIATED PRESS

# JFK's brother wanted to rent brothel: Memo

- Ted Kennedy allegedly made arrangements in 1961
- Obama administration fought to keep file secret
- Memo claims state official called Kennedy 'spoiled'

An FBI file contends that a young Edward M. Kennedy arranged to rent a brothel for a night while visiting Chile in 1961, a year before he was elected to the U.S. Senate.

The previously edited U.S. State Department memo, dated Dec. 28, 1961, was released by Judicial Watch, a Washington-based organization that said it obtained it through a Freedom of Information lawsuit. According to the memo, the Massachusetts Democrat, younger brother of then-president John F. Kennedy, made arrangements to rent the brothel "for an entire night" in Santiago earlier in 1961. "Kennedy allegedly invited one of the Embassy chauffeurs to participate in the night's activities," according to the memo.

One State Department official described Kennedy



► Edward M. Kennedy

as "pompous and a spoiled brat," according to the memo. Kennedy was making a fact-finding trip to several Latin American countries. "Kennedy met with a number of individuals known to have communist sympathies."

Kennedy was a 29-year-old assistant district attorney.

ney in Boston at the time of the trip. He was elected to the Senate in 1962 and served more than four decades until his death in 2009.

Last June the FBI released more than 2,300 pages of documents from Kennedy's file.

Kennedy family members were given a chance to review and to raise objections to the documents before they were released last June.

The FBI has additional documents on threats to Kennedy, possibly thousands more pages, that it plans to make public once the agency finishes reviewing them.

The family has no legal power to keep information withheld, the FBI has said, but the bureau does consider privacy concerns on a case-by-case basis.

THE ASSOCIATED PRESS

## Charges laid after threat to PM's home

A man is facing multiple charges after a midnight bomb threat against the prime minister's residence.

Police in Gatineau, Que., arrested a 35-year-old man early yesterday, hours after the phone threat was made.

Const. Julie Morel, an RCMP spokeswoman in Ottawa, says an investigation by the RCMP's protective detail determined there was no bomb.

Local police and general-duty RCMP traced the call via GPS to an apartment in Gatineau, just across the river from the prime minister's 24 Sussex Drive residence.

The man, who is known to police but whose name was not immediately released, faces charges of assault and uttering threats with regard to a standoff at his apartment.

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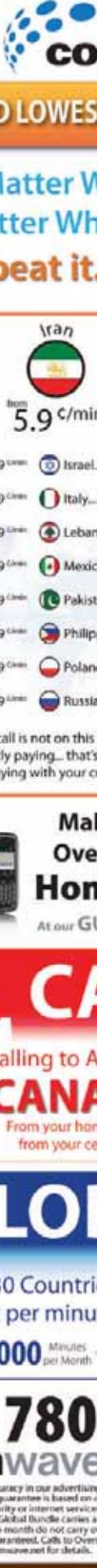


► John Galliano arrives at a Paris police station.

MICHAEL EULER/THE ASSOCIATED PRESS

## Designer walk of shame

The world-renowned fashion designer faces accusations that he made anti-Semitic slurs during a dispute at a trendy Paris café.



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# Nod to baseball great

The U.S. government paid tribute to its northern neighbour for contributing to the end of segregation in baseball and, with that, to the greater history of American civil rights.

Diplomats gathered yesterday to unveil a plaque at the Montreal home where Jackie Robinson lived in the summer of 1946 as he prepared to

break baseball's infamous colour barrier.

Robinson was welcomed by the locals in his one season with the minor-league Montreal Royals, in his final stop before moving on to the major leagues the following year.

The U.S. ambassador to Canada, David Jacobson, cast the event in broader historical terms.

"On behalf of the president of the United States and on behalf of the American people, I want to thank the people of Montreal for what you did — not only for the Robinsons, and not only for baseball, but for all of the American people and all of the people of North America," Jacobson said.

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# Dignity Project aims to change views on poor

► Many Canadians say those in need are to blame for problems: Report ► Education project launches today

While they may be generous enough to whip out their wallets, a new report suggests many Canadians don't appear to be too charitable in their opinions of the poor.

The Salvation Army report finds many Canadians believe the poor have mostly themselves to blame for their lot in life.

While Canadians believe poverty is the third most pressing issue facing the country behind the economy and health care, many don't have a realistic picture of what it's like to be poor, according to The Dignity Project: Debunking Myths About Poverty in Canada.

"Many Canadians un-

## Poverty line

► 37 per cent of 1,025 adults polled by Angus Reid said they believe the poor "still have it pretty good."

► Nearly half believe a family of four could sustain itself on \$10,000 to \$30,000 a year or less.

derstand that the poor are out there, that they struggle, that they need some form of assistance," said the Christian organization's Andrew Burditt.

Lower-paying jobs, lack of access to job training and affordable housing, mental health issues, and

addiction perpetuate poverty, he said.

To educate the public about the realities of poverty, the social services provider launches the Dignity Project today at [salvationarmy.ca/dignity](http://salvationarmy.ca/dignity).

The effort will feature online events, street outreach, traditional advertising and social networking.

Burditt hopes the project will get Canadians talking about the causes of and solutions to poverty.

About three million Canadians live in poverty, the report said. Only 65 per cent of those polled believe being poor can rob someone of their dignity.

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# Surging GDP bodes well for 2011: Analysts

- **Big job spot**
- Pre-tax corporate profits came in at 41 per cent

Canada's economy was surprisingly hot at the end of last year, setting the stage for a fast start in 2011 that bodes well for jobs and other economic indicators.

The economy grew 3.3 per cent in the last quarter of 2010, a full point stronger than the Bank of Canada had predicted.

Adding to the good news, Statistics Canada revised the results of the third quarter upwards to 1.8 per cent from one per cent, meaning the country finished the year with an overall 3.1 per cent increase in gross domestic product.

"On balance, this report stands up to careful scrutiny in signalling greater

than-expected breadth of growth in the Canadian economy," said Derek Holt, vice-president of economics with Scotia Capital.

There were three main ingredients to the strong quarter. Exports surged 17 per cent annualized, helping to bring along manufacturing, which surprised on the upside, and consumer spending, which jumped 4.9 per cent.

Bank of Montreal economist Douglas Porter said the strong handoff means the first quarter of this year should come in even better, at about 3.5 per cent. Porter and other economists project three-plus growth for all of 2011, well above the

Bank of Canada's 2.4 call.

But there were downside surprises in the GDP report. Inventory buildup fell, not usual during a recovery, and business investment in new machinery and equipment was flat, though the previous three quarters had been strong.

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► Mike and Andy Priestman show off some of Nice PKG's snazzy gadget wrappers at their Concord, Ont., office, while dogs Titus and Stewart look on.

ANDREW WALLACE/TORSTAR NEWS SERVICE

## Nice work if you can get it

As Mike and Andy Priestman have proved, the words "stylish" and "digital" needn't be mutually exclusive. The brothers founded Nice PKG, billed as a "purveyor of fine digital accessories," in 2009. Since then they've built a \$1-million company by wrapping up laptops, phones and other tech gear in natty bags, sleeves and cases.

## Metro expanding to two new cities

Metro Canada will launch newspapers in London, Ont., and Winnipeg on April 4. The new editions join seven other Canadian cities and more than 100 major centres around the world.

"It is exciting to see the demand for Metro continue to grow with both readers and advertising partners," Bill McDonald, president and publisher of Metro English Canada, said yesterday.

Metro reaches 1.4-million daily readers across Canada. • METRO

### Paper chase

► Winnipeg is the eighth largest census metropolitan area in Canada, with a population of 750,000.

► London is the 11th largest CMA, with a population of 490,000, according to Statistics Canada.

### Market moment

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**She says ...**

**JESSICA NAPIER**



**When I was a child I longed for a sister. A genetically identical comrade who would share my love of pink party dresses and understand Barbie and Ken's tumultuous make-believe romance.**

**I**nstead, I got a younger brother. He didn't want to play with my Barbie dolls; he was far more interested in decapitating them.

James — yes, we're one of those unfortunate pairs whose parents thought it would be cute to give us names that start with the same initial — was not a pretty playmate. He was a gross, annoying brat who kicked the back of my chair on road trips. A basement-dwelling creature who only emerged from his room to

forage for food and roll his eyes at my high school awkwardness. Of course, I was no angel. In any juvenile brother-sister dynamic it takes two to torment — and I had a smug first-born complex and a seriously bossy attitude.

Does any of this sound a bit familiar?

Unless you're an only child, in which case you probably have your own issues, I'll bet you have countless stories involving an insufferable brother or sister.

Siblings, it seems, are in constant competition for their parents' attention and acclaim. Inevitably, comparisons are

drawn and children strive to live up to the labels they've been given — the "pretty one," the "smart one" and, of course, "the favourite."

**"As siblings mature they do the unthinkable — they start to enjoy each other's company."**

However, time goes on and the teasing and bickering starts to dissipate. As siblings mature they do the unthinkable — they start to enjoy each other's company. At some point we stop seeing them as our bratty little brothers and spiteful older sisters and

we start thinking of them as adults.

Somewhere between the end of high school and our 20-something years, my brother and I

called a truce: rivalry gave way to revelry and, eventually, we became friends. Yes, it turns out that my unbearable kid brother is actually terribly witty and pretty fun to be around, as long as we're not living under the same roof.

Occasionally, we regress — falling back into that childhood dynamic around the big family holidays, when stress levels are high and there's never enough wine on hand — but we've tamed our childish tendencies for the most part. And even though he still rolls his eyes at me from time to time, I've come to realize that I really do love him — like a brother, in fact.



Read more of  
Jessica Napier's columns  
at [metronews.ca/shesays](http://metronews.ca/shesays)

## Cartoon

MICHAEL DE ADDER

### CANADIAN HOUSEHOLD DEBT



## Camera 'traps' rare rhinos

### Worth mentioning

Four of the world's most rare rhinoceroses were captured by camera traps installed in an Indonesian national park, an environmental group said yesterday.

The footage from movement-triggered hidden cameras showed two mother Javan rhinos and two calves in Ujung Kulon National Park in November and December last year, said a release from the WWF-Indonesia.

Javan rhinos are one of the world's most endangered species, with an estimated population of no more than 50 in Ujung Kulon. A few others live in Vietnam's Cat Tien National Park.

### Endangered



"This is good news to ensure that the population is viable," said Adhi Hariyadi, WWF project leader in the park.

The national park's chief, Agus Priambudi, said the footage provided substantial information about population dynamics of Javan rhinos, as well as feedback about survey and monitoring systems

of the survival of endangered species.

Rhino numbers in Indonesia over the past 50 years have been decimated by rampant poaching for horns — used in traditional Chinese medicines — and destruction of forests by farmers, illegal loggers and palm-oil plantation companies.

THE ASSOCIATED PRESS

**What's your favourite time of year?**

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## Metro Minute with Quebec folk art

Heart And Soul: Quebec Folk Art runs until May 8 at the Royal Alberta Museum (12845-102 Ave.).

Produced by the Canadian Museum of Civilization, this exhibit features more than 60 pieces of folk art, including an eggshell painting and a grader made from bottle caps. The museum is open from 9 a.m. to 5 p.m., and admis-

sion is \$10 for adults, \$8 for seniors, \$7 for students, \$5 for youth and free for children six and younger.

Works include sculptures, paintings and ceramics. The exhibit will also feature a section on contemporary folk art. Visitors can also watch or listen to recorded interviews with the artists.



► Learn about and enjoy Quebec folk art at the Royal Alberta Museum.



# Finkleman looks for truth in Good Dog

► Creator of The Newsroom gets back to his neurotic self in new comedy  
► Satirist inspired by daily life and taking simple situations to the extreme

STEVE GOW  
SCENE@METRONEWS.CA

If there's one thing you can say about the star and creator of award-winning TV series The Newsroom, it's that Ken Finkleman has been ahead of his time. And now the mind behind that acclaimed satire is finally back to form with Good Dog.

"What influenced (this series) is simply my daily life," said Finkleman about the show that will

debut Sunday on HBO Canada. "Something small happens and then the character tries to either take advantage of that or cure that ... and in meddling with (it), you get into trouble."

If that sounds Curb Your Enthusiasm-esque, don't be surprised to find the pilot episode addressing that issue. Besides, The Newsroom made its debut in 1996 so some may argue that Finkleman's neurotic archetype preceded Curb's Larry David — a

character that Finkleman might have a tough time separating from his own off-screen psyche.

"Everything I do is in search of some kind of truth and ... it's stuff that goes through my head that I might not act on," explained Finkleman. "(But) you let it out in a comic format and maybe you find some kind of truth and so you could, for lack of a better word, call it the id."

While Finkleman denies enjoying much about the process of writing (or

filming for that matter), he does concoct some comical situations involving a compulsive, older man dating a "trophy girlfriend." And while he has devised a clever series, the pain of the art is definitely not lost on the artist — as explained with a simple analogy.

"My ex-wife is a judge and I think she likes it very much," said Finkleman. "But guys have to gun other people down before she can enjoy her work."

## Quotes

► What inspires Ken Finkleman's work: "I just don't want to be a useless person hanging out doing nothing all day — it would be embarrassing and if people found out you'd have a hard time trying to hold your head up."

► Finkleman on why his characters are all named George: "(It's) the same guy moving from one series to the next and also kind of falls into the same traps. (Which is the) comic trap from The Honeymooners, where his reach exceeds his grasp."

## Scene in brief



NBC says Miley Cyrus will be making her first appearance as guest host of Saturday Night Live this week.

The network said yesterday that the multiplatinum-selling singer will be joined by musical guests The Strokes.

A week later on March 12, Zach Galifianakis makes his return visit to SNL as guest host with musical guest Jessie J.

Galifianakis stars on the HBO comedy series Bored to Death. He has just finished filming The Hangover 2.

THE ASSOCIATED PRESS

## DVD Releases this week

Buy it | Rent it | Borrow it | Yawn | Don't bother

**Megamind**  
Genre: Animation  
Director: Tom McGrath  
Stars: Will Ferrell, Jonah Hill and Brad Pitt

Megamind isn't so much a movie as it is a pop cultural pile-on.

This animated superhero parody makes so many zippy references to film, music and other mass obsessions, it's like watching stand-up comedians trade riffs with each other on a Just For Laughs stage.



With the exception of Brad Pitt, who is capable of hilarity, most of the principal voices actually are veteran stand-up and/or sketch comics. Will Ferrell is the titular villain, a big-domed

blue genius who just wants the world to obey him — or else. Pitt is Metro Man, a flying hunk who defends truth, liberty and the American way in a concrete burg called Metro City. ● PETER HOWELL

**127 Hours**  
Genre: Drama  
Director: Danny Boyle  
Stars: James Franco, Amber Tamblyn and Kate Mara

If you really think about it, this is a black comedy, although you definitely shouldn't go to this Danny Boyle wonder expecting a yukfest. It's often hard to watch, especially that scene where James Franco, playing Colorado adventurer Aron Ralston, is obliged to cut his arm off to escape an unyielding boulder. All the same, if



you have an appreciation for the cruel absurdities of life and the ability to rise above them, then 127 Hours is the ultimate Road Runner cartoon. Franco's Ralston is a real-life Wile E. Coyote, trapped by a boulder made not by Acme Inc., but rather by the mischievous gods of fate.

● PETER HOWELL



Nelly Furtado, who was paid \$1 million to perform for Gadhafi clan, says she will donate money. Scan code for the story.



# Weighing the future of video game fitness

► Metro's Heather Buchan is put through the paces of both the real world and virtual workouts



Two weeks after embarking on a quest to determine whether Ubisoft's Your Shape Fitness Evolved for Xbox Kinect — a fitness-simulation program that displays your image on the TV screen and tracks your movements in real time while you follow a virtual personal trainer — will negate the need for gym memberships in the future, my verdict is in.

And the answer is no.

Despite Your Shape's advanced technology — a Kinect sensor measures your height and limbs and then projects a digital image of you, albeit not a very flattering one, on the screen as you work out — it can't compete with the experience and results of working out at the gym with a trainer.

For starters, Your Shape doesn't gauge your level of fitness, strength and flexibility as effectively as a real personal trainer can. To develop your profile, the game asks a few standard questions — age, weight, gender and lifestyle — whereas at the gym, I underwent a full hour of initial testing in order for the trainer to precisely capture my fitness level.

Although Your Shape offers a good variety of cardio, sculpting and toning classes, working out in my basement in front of the TV just can't substitute having a real trainer continually motivating me to bend deeper, push harder or do one more rep.

Half the battle of working out is mental, after all,



► Heather Buchan worked out with a trainer and Ubisoft's Your Shape Fitness Evolved to weigh the differences.

In fact, I began to feel somewhat like a robot in front of the TV screen, whereas during my one-on-one sessions at Toronto's Pure Fitness, certified personal trainer and registered dietitian Nanci S. Guest continually pointed out, when I was ready to give up, that the last rep should be hard to finish; that's when you know you're creating change in your body.

Half the battle of working out is mental, after all,



and it certainly helps to have someone right beside you pushing you the entire way through.

Nanci also asked me to

keep a food diary, recording everything I put into my mouth for one week.

I automatically became more careful of portion

## Follow her

Look back on Heather's adventure online.

► Web You can read all of Heather's adventure through the world of video game fitness on metronews.ca.

sizes and unhealthy foods I was consuming when I had to actually track it all.

Having a personal trainer at the gym also kept monotony at bay.

No two sessions were alike. Nanci would constantly change up the sets, reps, weight and exercises, which kept my interest but also provided results, since muscles burn more calories when they're being challenged with something new and unfamiliar.

On the upside, Your Shape, allowed me to work out in the convenience of my home when my baby was napping, without having to organize babysitting.

However, if you're not fitness inclined, Your Shape certainly won't motivate you to get off your couch.

I see it more as a supplement to the gym for fitness buffs, but certainly not a replacement.

In the end, those last 12 post-baby pounds still loom, but I feel stronger and have more stamina after two weeks of working out with Nanci and Your Shape.

The road to post-partum weight loss may be longer than I anticipated, but the end is now in sight.

# 3 life

## Daily Squeeze



Larry Track, a leading fitness trainer, owner of Track Fitness in Toronto and a contributing expert at DailySqueeze.ca gives his advice on how trends come and go, but which ones can you trust? Read his five "rules" you shouldn't second-guess and why at metronews.ca.



The American Academy of Pediatrics wants teenagers banned from tanning salons to reduce their risk of skin cancer.

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# The pain of infertility

► New research out of Quebec finds painkillers may thwart conception

 CELIA  
MILNE  
LIFE@METRONEWS.CA

Over-the-counter painkillers could be keeping you from conceiving.

Millions of women reach for Aspirin, Advil or Anaprox when they have aches and pains, including menstrual pain. But taking these pills on a regular basis may disturb the work of important chemicals responsible for reproduction, says Dr. Michel A. Fortier.

"Do not expect to become pregnant while taking this," says Fortier, a professor in the faculty of medicine at Laval University in Quebec City.

After many years of research, Fortier has found that a family of chemicals called prostaglandins are crucial for conception. Prostaglandins are hormones of fine tuning in various parts of the body.

They help inflammation, pain, fever and blood clotting, and protect the



► Research out of Quebec has found a link between painkillers and infertility.

lining of the stomach from acid damage.

They also help control vascular pressure, uterine tone, and bone absorption.

However, along with these

benefits there are risks.

NSAIDs (non-steroidal anti-inflammatory drugs) block the good prostaglandins

that women need to conceive, says Fortier.

This scientific knowledge has been so recently linked that many doctors may not connect the two when a woman suffers from infertility.

"If your pain is not a threat, reduce your use of NSAIDs for sure if you want to be pregnant," he says.

Taking painkillers for

one or two days to control menstrual pain is not likely to affect fertility, but taking them frequently over long periods of time may cause women to ovulate late, too late for her eggs to be fertilized.

However, don't fret. Fortier says that if you stop taking these drugs, the problem should reverse.

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### Breaking News.

A new study published in the International Journal of Cosmetic Surgery and Aesthetic Dermatology showed a 93% increase in hair among the respondents using Cold Laser Therapy.

In addition, more than 89% of participants see noticeable indications of benefits within 6-12 weeks of therapy.

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## LEARNING TO WALK IN HER SHOES

Celebrity fitness trainer Ramona Braganza, best known for sculpting Hollywood bodies, including that of Jessica Alba and Halle Berry, recently has taken on her latest challenge: CARE Canada's Walk in Her Shoes.

### Music is a walkers' best friend

As I keep training for Walk in Her Shoes, I'm finding that while I enjoy walking in silent meditation at times, I also really enjoy having my iPod with me.

I update and add to my playlist on a regular basis and right now I really love Lady Gaga and old school songs.

I also enjoy using the songs as interval training — alternating fast and slow songs can help me pick up, or slow down, the pace.

As a former NFL cheerleader (and having danced my whole life), music is a big part of everything I do.

**Don't forget to warm up**  
A few quick warm-ups I do before each training session includes: neck-rolls, arm circles, quad stretches, leg swings and toe raises. Warming up gets the blood and oxygen to the muscles, preparing you for the start of an activity and preventing possible injuries.

### The Fuel to Move

Whenever you plan to walk during your day make sure you are fueled up first.

If you are planning to walk in the morning make sure you allow time to eat a little something half an hour before. Here are some easy suggestions: Yogurt, a protein bar or shake or some fruit like a banana.

Not only will these foods give you more energy but they will help jump-start your metabolism.

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# There's a reason why everyone eats LOCAL

► The food is delicious, the atmosphere is fun – need more of a reason?

## LUNCH RUSH

CHRISTOPHER THRALL  
FOOD@METRONEWS.CA

  
I didn't want to like LOCAL. The ironically named Vancouver chain suggested a nauseating hipster chic. I went grudgingly. I'm damn glad I did.

The classy sports bar featured massive flatscreen TVs, candles lit in Mason jars and silverware with a solid heft. Someone cared about the details here. Our friendly, fast and attentive server was clad in a snug Oilers jersey like the rest of the knockout waitstaff.

My Oil City Burger (\$14) was a scrumptious, half-pound monster on a fresh



► A mouth-stretcher of a burger, with yam fries and a boot full of Caesar for \$20.

brioche with multiple cheeses, hot sauce and pickled jalapenos. Next to it, the best yam fries in the city filled a small bucket. My Caesar (\$6) was served in a glass boot with a stick of pepperoni.

That's right. Pepperoni. It was all fantastic, and it was all I could do to finish it all. Hipster chic or not, LOCAL's common food done uncommonly well is good enough for me.

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Yields: 4-6  
Prep time:  
15 mins  
Cook time:  
20 mins



CHRISTOPHER THRALL  
EMILY RICHARDS  
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#### Preparation:

1 Remove casings from sausages. Cook in pot over medium high heat for about 5 minutes or until no longer pink.

2 Reduce heat to medium and add oil. Add onion, garlic, chili powder and oregano and cook for about 5 minutes. Add rice and stir to coat. Add tomato sauce, chicken stock and water; bring to boil. Add beans, green pepper and pepper. Cover and simmer, stirring occasionally, for about 15 minutes.

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#### Ingredients:

- 3 mild Italian sausages (about 12 oz/375 g)
- 2 tsp (10 mL) olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 tsp (10 mL) chili powder
- 1 tsp (5 mL) dried oregano leaves
- 1 1/2 cups (375 mL) Italian style or arborio rice
- 2 cups (500 mL) marinara pasta sauce
- 2 cups (500 mL) chicken stock
- 1 cup (250 mL) water
- 1 can (19 oz/540 mL) red kidney beans, drained and rinsed
- 1 green pepper, chopped
- 1/4 tsp (1 mL) pepper

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## INTERNET LOVE: ONLINE ROMANCE PREVAILS AGAIN

**Names:** Thomas, 25, and  
Vanessa, 23

**Current city:**  
Dartmouth, N.S.

**Together since:**  
2005

### Their story:



► Thomas and Vanessa

I (Vanessa) first met Thomas in an online chat room when I was in my first year of high school.

I lived in Halifax and he lived in Oxford, N.S. — about three hours away.

We always talked about getting together and meeting but never did.

When I was in my second year of high school,

Thomas moved out west and we stopped chatting.

We had no contact for four months, but then the day before I started grade 12, he happened to pop online and we started chatting again.

He told me he was in Halifax and wanted to get together to finally meet.

We agreed to get together

for coffee the next morning before school.

We had seen each other's pictures, but had never actually seen one another in person. I'm so glad I agreed to meet with Thomas that day — we sat and talked for three hours! Six years later, we are happily married and have two beautiful daughters.



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## AFTER 7 YEARS, IT MAY BE TIME TO MOVE ON

### Two Sisters

#### ANDREA & CLAIRE

RELATIONSHIPS  
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I have been dating my boyfriend for almost seven years. We are both in our early 20s and have known each other since middle school. I'm debating if I should continue with him because it seems it is taking him too long to do couples things, such as travelling or anything special, with me. And we only do stuff on Valentine's Day if I plan something. He is going through this thing where he wants to be able to go out with his friends but he still wants me around. We are best friends but I don't know what to do. Do you think I'm wasting my time and should move on, or continue and wait to see what happens?

**Andrea:** Dear practically-married-to-high-school-sweetheart, I can assure you that the past seven

years of your life haven't been a waste, but the next seven depend on you.

What are you waiting for? Last I checked, there isn't a magical-fairy-script writer who flies in and turns your relationship into a romantic comedy.

Relationships take work, and you have yours cut out for you.

You're the long-term girlfriend of a 20-something male, which means that you're about as exciting to him as a dental appointment.

For him to really feel motivated and treat you like a woman, you have to create the incentive.

Have you been acting more like a friend than a girlfriend? If so, try changing up your image to smoldering female.

Have you been compromising on your alone time together for the sake of his time with friends?

Stand up for yourself and your ideas.

If he's still unwilling to woo you every now and then, it's time to graduate to a guy who can.

**Claire:** Dear early 20s, One of the benefits of being a 30-something single mother who's lived around the world is wisdom. So here it is: you can't change his behaviour, so change yours.

Neglect him back and stop being so available.

Don't reach out in any way. If he gets in touch, answer him, but don't ask about him, or seek him out in any way. But don't do this out of anger or bitterness.

Reclaim the parts of your life he used to fill.

Do your own thing, make plans with your friends, and don't change your plans to fit him in when he does come crawling back (unless he's having a heart transplant).

You two have grown up together, so though it used to be OK to make him the centre of your world when you were teenagers, it's time to review your priorities and give more time to your dreams and your future.

If this doesn't work, then you've learned another valuable piece of painful wisdom: people don't (often) change.

**TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.**



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## REDUCE MY TAXES!

Taxes are unavoidable. Since 1917 we've been paying them and strategizing our way around them. Finding legitimate ways to reduce the amount of taxes you pay will help you protect your net worth. Just to be super clear, I'm not talking about tax evasion — that's illegal.

The two most common ways to minimize taxes are to invest in tax-advantaged savings plans such as RRSPs and TFSAs.

Nearly anyone can have an RRSP. It is, by far, the most utilized tax-reduction tools for Canadians. Individuals can contribute up to 18 per cent of their earned income through RRSP contributions, up to \$22,000 per year, and the limit can sometimes vary depending on your pension program at work. These contributions are fully tax deductible and

they grow tax-deferred until withdrawal. The greater the amount you contribute, the more income you get to deduct. If you can't maximize your RRSP limit, you can carry-forward the contribution room indefinitely.

The

Tax Free Savings Account (TFSA) allows you to grow your money tax free. So, when you withdraw the funds, which you can do without penalty at any time, you don't pay tax on capital gains, dividends, trust distributions, or interest earned. There are many tax credits available for Canadians including those for home purchase, renovations, child care, transit, extended medical/health expenses, and so on. Check the CRA website [crac.gc.ca](http://crac.gc.ca) or other reputable tax websites like [hrblock.ca](http://hrblock.ca).

Your tax return is due by April 30 each year.

## You can prevent identity theft

According to Sigma Assintel, a Desjardins Financial Security subsidiary, identity theft is becoming more common in Canada. There are steps you can take to prevent this crime from happening to you.

• Shred all unnecessary documents that contain any personal information

that could be used to identify you, such as your date of birth, home address or social insurance number.

• Never confirm your PIN, credit card numbers, SIN, driver's license or other personal information over the phone or email unless you initiated the request. **NEWS CANADA**

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News worth sharing.

## Ease into investing

## ON MONEY

ALISON GRIFFITHS  
MONEY@METRONEWS.CA

So you've just topped up your RRSP, or if you've been a particularly good boy or girl you've been adding to it all year. Well done! And if you've just made your first ever RRSP contributions, congratulations!

If you haven't already received it you'll soon get a phone call, gently pressuring you to do something with the money (i.e. invest it in stocks or mutual funds).

If you've got your money sitting uninvested in an RRSP, especially the no-fee variety, the financial institution isn't making any money. Hence the pressure.

My advice is to tell them to stuff it into a low fee high-interest savings account or GIC, until you know for sure what to do with it. (And please don't



► Don't rush into investing your RRSP, regardless of pressure from the bank.

write telling me there's no such thing as a high-interest savings account. You know what I mean.)

As far as I'm concerned there's no rush whatsoever to make up your mind. I've rarely seen anyone who hurries into an investment do well. Usually they end up sorry. Sometimes very sorry.

Let's say you were talked into buying a selection of technology stocks, or one or more technology mutual funds in 2000 before the technology-laden Nasdaq composite index hit its market peak of 5,132 on March 10 of that year. Legions were, and the pressure to catch hold of the technology rocket was in-

tense.

Then the Nasdaq dropped 78 per cent by the end of 2002. Today almost 11 years later the index has recovered to just a little more than half of its peak.

The moral of the story; never be rushed into investing you're not sure you want and don't understand the implications.

THE SKY IS NOT  
THE LIMIT

From her start as a typist in a dental office, Major (Ret.) Deanna Brasseur built a career that saw her become one of the first two CF-18 female fighter pilots in the world, the first female flight instructor at Canadian Forces Flying Training School and the first female flight commander at C.F.B. Cold Lake.

Now a Member of the Order of Canada, Major (Ret.) Brasseur will share her story in an evening of insight and inspiration.

**DATE:** Thursday, March 17  
6:15 pm: Reception with light refreshments  
7:00 pm: Evening keynote  
**LOCATION:** Shaw Theatre, NAIT Main Campus  
11762 - 106 Street, Edmonton  
**TICKETS:** \$21.50 (includes reception)  
Available at the NAIT Bookstore on Main Campus, or online at [www.nait.ca/brasseur](http://www.nait.ca/brasseur)

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## 4

## sports

## Oilers preview

Predators at  
Oilers  
7:30 p.m.  
TV: SNET-W  
Radio: 630 CHED



Nashville (32-23-8) entered yesterday's games in a four-way tie for seventh place in the Western Conference. The Predators need every point they can get on a four-game road trip that takes them through Western Canada and to San Jose.



The Oilers (20-35-8) are last in the league and have little to play for other than spoiling playoff chances. They can start with Nashville, who the Oilers shut out 4-0 on the road on Feb. 7. Edmonton will also try to get some pucks on the net after shooting just 17 at Boston in a 3-2 loss Sunday.

THE CANADIAN PRESS



Scan code for more sports

# Penner biggest move at deadline

► Oilers trade big forward to Kings in one of day's few major deals

The rumours in recent weeks had Dustin Penner going just about everywhere, but it was the Los Angeles Kings who ended up snagging the right-winger from the Edmonton Oilers before the NHL trade deadline yesterday.

The Oilers got defence prospect Colten Teubert, a first-round draft pick in 2011 and a conditional 2012 second-rounder for the 28-year-old Penner.

That package was too alluring for Oilers GM Steve Tambellini to ignore. Negotiations picked up in the final 48 hours before the deadline.

It was the biggest move of an interesting, but not very active, deadline day.

The six-foot-four, 245-pound Penner still owns a home in California from his time with the Anaheim Ducks, with whom he won a Stanley Cup in 2007.

The Winkler, Man., native arrived in Edmonton the following season sporting a \$21-million US, five-year contract that has one more season to run.

After scoring 23 goals in his first campaign with the Oilers, Penner dipped to 17 in 2008-09 before rebounding last season with career-highs of 32 goals and 63 points.

He has 21 goals in 62 games in 2010-11 and was sought by just about every

**35**

In all, 35 players and 12 draft picks changed hands in the 16 deals made before the 1 p.m. cutoff, the lowest total since 23 players were dealt in 12 transactions on deadline day in 2000.

team looking for offence.

"I came here with a big contract," Penner said in Edmonton after the deal was completed.

"That also comes with big expectations and if I tried to meet everyone's expectations, I would drive myself insane."

"So I focused on becoming more consistent and a player who could play every position. I think I'm on my way to that. I'm not there yet and it's too bad I won't be able to do it here."

The move gives the Oilers another first-rounder and a promising defenceman in the six-foot-four, 195-pound Teubert, who has a physical edge.

Teubert, picked 13th overall in 2008, was playing for Manchester in the American Hockey League.

Edmonton also dealt Shawn Belle to Colorado for Kevin Montgomery in a swap of minor-league defencemen. THE CANADIAN PRESS



► Dustin Penner headed back to California after being dealt to the Kings by the Oilers at the NHL trade deadline yesterday.

## Around the NHL



### Panthers

Florida was the busiest team, moving four players — Dennis Wideman, Radek Dvorak, Bryan Allen, Chris Higgins — to go along with three players dealt away in recent days. They didn't deal goalie Tomas Vokoun, who is an unrestricted free agent July 1.



### Maple Leafs

The Toronto Maple Leafs made their big moves early in the trading season rather than on deadline day. They sent minor-leaguer John Mitchell to the New York Rangers for a seventh-round pick in their only move yesterday.



### Flames

Calgary was not expected to be active, but the Flames sent a seventh-round pick to Atlanta for 36-year-old winger Fredrik Modin, a dependable veteran whose production has slowed from his career-high 31 goals with Tampa Bay in 2005-06.



### Canucks

The Canucks added Chris Higgins and Maxim Lapierre. They got Lapierre and minor-leaguer MacGregor Sharp from Anaheim for prospect Joel Perreault and a 2012 third-round pick. They traded Evan Oberg and a third-round pick for Higgins.



### Capitals

The Washington Capitals picked up veteran centre Jason Arnott from New Jersey and defenceman Dennis Wideman from Florida. Arnott can slot in as a second-line centre and Wideman can play the point in the absence of the injured Mike Green.



### Senators

Ottawa sent defenceman Chris Campoli and a conditional 2012 pick to Chicago for prospect Ryan Potulny and a second-round pick. The Senators also claimed goalie Curtis McElhinney off waivers from the Tampa Bay Lightning.

## NATIONAL HOCKEY LEAGUE

## EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	62	40	16	3	3	203	159	86	20-8-1-2	20-8-2-1	6-3-1-0	L1
d-Tampa Bay	62	37	18	3	4	191	190	81	21-1-1-3	16-11-2-1	5-3-0-2	W3
d-Boston	62	36	19	5	5	194	148	79	15-2-1-2	21-7-1-3	6-4-0-0	W5
Pittsburgh	64	37	21	3	3	187	159	80	20-11-0-2	17-10-1-2	3-5-1-1	W1
Washington	63	33	20	5	5	168	161	76	17-8-2-5	16-12-3-4	5-5-0-0	W1
Montreal	63	33	23	4	3	165	164	73	20-8-3-3	13-15-3-4	3-5-0-2	W1
NY Rangers	64	33	27	2	2	179	157	70	14-15-1-2	19-12-1-0	4-6-0-0	L1
Carolina	63	29	25	4	5	184	184	67	16-10-1-2	13-15-3-3	3-4-2-1	L1
Buffalo	61	29	25	6	1	176	177	65	14-15-2-1	15-10-4-0	5-3-1-1	L1
Toronto	63	27	27	4	5	164	193	63	14-13-1-4	13-16-1-1	5-1-2-2	L2
Atlanta	63	26	26	4	7	178	205	63	14-12-1-5	12-14-3-2	2-6-1-1	W1
Florida	62	26	29	3	4	159	171	59	12-12-3-3	14-17-0-1	3-6-1-0	L1
New Jersey	62	27	31	3	1	132	164	58	13-13-2-1	14-18-0-4	9-1-0-0	W1
NY Islanders	63	23	32	4	4	172	205	54	12-15-1-3	11-17-3-1	6-3-1-0	L3
Ottawa	62	21	32	5	4	143	200	51	11-16-2-3	10-16-3-1	4-5-0-1	W1

## WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	63	39	15	4	5	208	150	87	22-6-1-3	17-9-3-1	5-5-0-0	L1
d-Detroit	62	38	18	4	2	196	179	82	17-10-3-1	21-8-1-1	7-3-0-0	W1
d-San Jose	63	36	21	4	2	176	162	78	15-10-2-1	21-11-2-1	9-1-0-0	W6
Phoenix	64	33	21	6	4	184	186	76	15-10-2-2	18-11-3-2	7-2-0-1	W1
Los Angeles	62	35	23	2	2	174	149	74	19-9-1-0	16-14-1-2	7-1-1-1	W3
Chicago	63	34	23	2	4	202	174	74	19-10-4-1	15-9-3-2	7-1-0-2	W1
Calgary	64	32	23	3	6	190	182	73	19-10-1-3	13-12-3-2	6-2-1-1	W1
Dallas	62	33	23	2	4	171	175	72	18-9-2-3	15-14-1-0	3-6-1-0	W2
Minnesota	63	33	24	1	5	165	166	72	16-13-0-3	17-11-1-2	5-4-0-1	L1
Nashville	63	32	23	5	3	161	151	72	15-7-4-3	17-16-1-0	4-5-1-0	W1
Anaheim	63	33	25	3	2	176	186	71	18-10-1-1	15-15-2-1	5-4-1-0	W1
Columbus	61	31	24	3	3	170	181	68	16-13-2-2	15-11-3-1	6-3-0-1	L1
St. Louis	62	28	25	4	5	173	180	65	18-10-1-3	15-15-3-2	4-5-0-1	L1
Colorado	63	26	30	7	0	181	217	59	14-15-4-0	12-15-3-0	1-8-1-0	L3
Edmonton	63	20	35	1	7	150	211	48	10-19-3-1	10-16-1-3	4-6-0-0	W1

d – division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

## Last night's results

Chicago 4 Minnesota 2

Detroit at Los Angeles

## Sunday's results

Calgary 1 St. Louis 0

Atlanta 3 Toronto 2 (OT)

Boston 3 Edmonton 2

Anaheim 3 Colorado 2

Chicago 4 Phoenix 3 (SO)

Nashville 3 Columbus 2

New Jersey 2 Florida 1

Tampa Bay 2 N.Y. Rangers 1

## Tonight's games

All times Eastern

Buffalo at N.Y. Rangers, 7 p.m.

NY. Islanders at Washington, 7 p.m.

Florida at Carolina, 7 p.m.

Montreal at Atlanta, 7 p.m.

Boston at Ottawa, 7:30 p.m.

Calgary at St. Louis, 8 p.m.

Dallas at Phoenix, 9 p.m.

Nashville at Edmonton, 9:30 p.m.

Columbus at Vancouver, 10 p.m.

Chicago 4 Phoenix 3 (SO)

Nashville 3 Columbus 2

New Jersey 2 Florida 1

Tampa Bay at New Jersey, 7 p.m.

Minnesota at N.Y. Islanders, 7 p.m.

Calgary at Chicago, 9 p.m.

Detroit at Anaheim, 10 p.m.

## TRADE DEADLINE HISTORY

Total transactions and players moved at the National Hockey League's trade deadline:

Season, Date Trades Players

1979-80, Mar. 11 3 5

1980-81, Mar. 10 12 22

1981-82, Mar. 9 5 11

1982-83, Mar. 8 1 1

1983-84, Mar. 6 2 2

1984-85, Mar. 12 4 7

1985-86, Mar. 11 8 14

1986-87, Mar. 10 5 9

1987-88, Mar. 8 8 12

1988-89, Mar. 7 9 21

1989-90, Mar. 6 10 16

1990-91, Mar. 5 14 33

1991-92, Mar. 10 11 22

1992-93, Mar. 22 9 14

1993-94, Mar. 21 18 35

1994-95, Apr. 19 32 35

1995-96, Mar. 20 13 21

1996-97, Mar. 18 18 35

1997-98, Mar. 24 19 38

1998-99, Mar. 23 21 30

1999-00, Mar. 14 12 23

2000-01, Mar. 13 17 31

2001-02, Mar. 19 17 35

2002-03, Mar. 11 24 46

2003-04, Mar. 9 20 32

2004-05 25 40

2005-06, Mar. 9 25 44

2006-07, Feb. 27 25 45

2007-08, Feb. 26 25 45

2008-09, Mar. 4 22 47

2009-10, Mar. 3 31 55

2010-11, Feb. 28 16 35

Total 442 813

Average 13.8 25.4

## SCORING LEADERS

	G	A	PT
D.Sedin, Vr	32	47	79
Stamkos, TB	41	37	78
S.T. Louis, H.W.	24	51	75
Perry, Ana	31	37	74
Zetterberg, Det	18	49	67
Crosby, Pgh	32	34	66
Wetzel, C	24	39	63
B.Richards, Dal	24	39	63
Kopitar, LA	20	40	60
S.T. Carl, Car	27	32	59
Iginla, Cal	25	33	58
Towns, Chi	22	36	58
Giroux, Phi	21	37	58
Kesler, Vr	33	32	57
Eriksson, Dal	21	36	57
Sedale, Ana	20	37	57
Sharp, Chi	32	24	56
Nash, Clb	29	27	56
C.J. Pharma, Phx	28	27	55
Yandle, Phx	10	44	54
Brockström, Wash	15	38	53
Tavares, NYI	23	29	52
Vaneek, Buf	23	29	52
Ryan, Abi	29	23	52
Hart, Minn	19	33	52
M.Richards, Pha	19	33	52
Conacher, Wash	21	28	50
Datsyuk, Det	18	32	50
Duchene, Col	21	28	49
Pitzen, Htl	20	29	49
Ward, LA	20	29	49
Getzlaf, Ans	16	33	49
M.Koivu, Minn	15	34	49

Not including last night's games

## TRANSACTIONS

## BASEBALL

## NATIONAL LEAGUE

NEW YORK METS—Named Pedro Lopez manager of St. Lucie (FSL), Ryan Ellis manager of Savannah (SAL), Frank Fultz manager of Kingsport (Appalachian) and Luis Rojas manager of the GCL Mets.

## BASKETBALL

## NBA

CHARLOTTE BOBCATS—Waived G Morris Peterson. GOLDEN STATE WARRIORS—Reached a buyout agreement with F Troy Murphy and placed him on waivers. WASHINGTON WIZARDS—Reached a buyout agreement with G Mike Bibby and placed him on waivers.

## FOOTBALL

## NFL

CHICAGO BEARS—Released DT Tommie Harris, LB Hunter Hillenmeyer and OT Kevin Shaffer. SEATTLE SEAHAWKS—Signed CB Kenneth Cox to a one-year contract.

WASHINGTON REDSKINS—Released RB Clinton Portis.

ATLANTA THRASHERS—Acquired F Radenko Dvorak and a 2011 fifth-round pick from Florida for D Mike Hercog.

CHARLOTTE FLAMES—Traded LW Brett Carson to Florida for D Brett Caron.

DETROIT RED WINGS—Signed G Jimmy Howard to a two-year contract extension.

EDMONTON EAGLES—Acquired D Kevin Mowry from Colorado for D Shawna Belle. Traded RW Dustin Penner, a 2011 first-round draft pick and a conditional 2012 third-round draft pick.

LOS ANGELES KINGS—Signed F Justin Williams to a four-year contract extension.

MINNESOTA WILD—Acquired D Ganton Khudobin to Boston for D Jeff Penner and RW Mikko Lehnen. Recalled C Warren Peters from Houston (AHL). Reassigned C Cody Almond to the Aeros.

MONTRÉAL CANADIENS—Acquired G Drew MacIntyre from Atlanta for D Brett Festerling. Assigned MacIntyre to Hamilton.

NEW JERSEY DEVILS—Traded G Jason Arnott to Washington for D Steve Steckel and a 2012 second-round pick.

BALTIMORE ISLANDERS—Recalled F Justin DiBenedetto from Bridgeport (AHL).

OTTAWA SENATORS—Signed D Chris Phillips to a three-year contract extension through the 2013-14 season. Signed G Curtis McElhinney off waivers from Tampa Bay. Reassigned G Robin Lehner to Binghamton (AHL).

PHOENIX COYOTES—Acquired D Rostislav Klesla and F Dane Byers from Columbus for F Scottie Upshall and D Sami Lepisto.

ST. LOUIS BLUES—Traded F Brad Winchester to Anaheim for a 2012 third-round draft pick. Recalled F Chris Porter and F Ryan Reaves from Peoria (AHL). Placed F Philip McRae on the injured list.

TORONTO MAPLE LEAFS—Traded C John Mitchell to the New York Rangers for a 2012 seventh-round draft pick.

VANCOUVER CANUCKS—Traded D Evan Oberg to Florida for C Higgins and a 2013 third-round draft pick. Traded C Joel Perrault and a 2012 third-round draft pick to the Islanders for D Mike McHugh.

Winnipeg (29 for nine) def. Canada (123, all out) by 175 runs.

Sunday's result

AT Bangalore, India

Today's match

At Colombo, Sri Lanka

Sri Lanka vs. Kenya

## NBA

## EASTERN CONFERENCE

## NBA

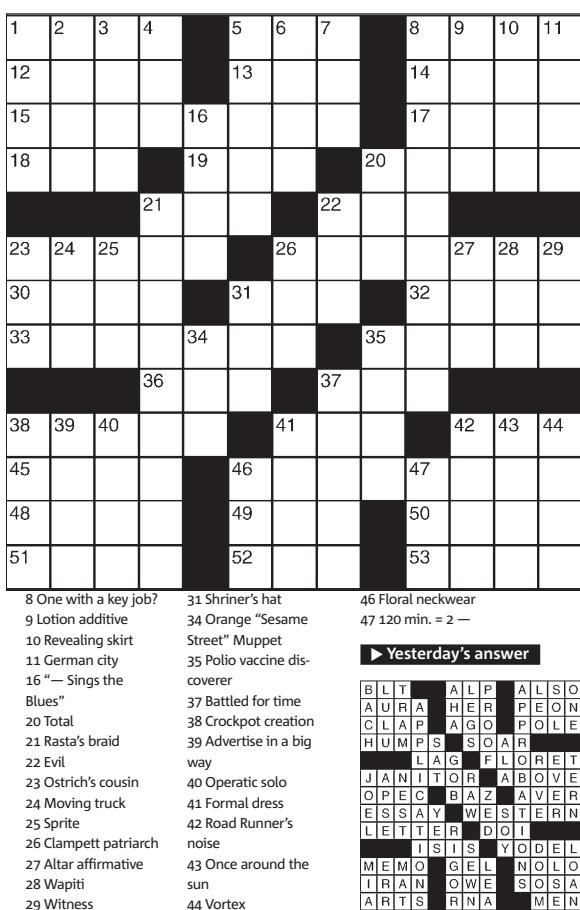
## WESTERN CONFERENCE

## NBA

## Crossword

**Across**

1 Urban pollutant  
5 Crafty  
8 Mary's follower  
12 Greek vowel  
13 Spy org.  
14 Hodgetodge  
15 Traffic congestion  
17 R.I. neighbor  
18 "For — a jolly..."  
19 Consumed  
20 Bundle of yarn  
21 Banned insecticide  
22 Greyhound carrier  
23 Each and —  
26 Sleepwear, slangily  
30 Having Y chromosomes  
34 Nourished  
32 Not active  
33 Not upset (by)  
35 Add fuel to the fire  
36 12 (Abbr.)  
37 Cheerful sound?  
38 Layered rock  
41 Chick  
42 "See ya"  
45 Novice  
46 Name in aircraft  
48 Great story  
49 8-Across' mom  
50 Peruse  
51 Frail  
52 Neither Rep. nor Dem.  
53 Agile  
**Down**  
1 Uttered "Alas"  
2 Additional  
3 Elevator name  
4 Wander (about)  
5 Composer Joplin  
6 Grown-up nits  
7 Tibetan beast



## Today's horoscope



For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

**Aries** March 21-April 20

Avoid situations in which you don't have the final say in what takes place. Also avoid people who want to control everything. That kind of relationship is doomed to fail.

**Taurus** April 21-May 21

Something is worrying you. Whatever it is, you won't get over it just by trying to put it out of your mind. You have to face up to the situation and then deal with it.

**Gemini** May 22-June 21

Listen to what your inner voice tells you and ignore what everyone around you has to say. They may mean well, but they don't know you as well as you know yourself. Deep down you already know the answer.

**Cancer** June 22-July 22

Tread carefully when discussing sensitive issues with loved ones. According to the planets, they most likely don't want to hear your advice, especially if it requires a change of behaviour on their part.

**Leo** July 23-Aug. 23

Your sixth sense can be trusted, so be on guard if you doubt what some people are saying. There may be no logical reason for your suspicions but logic has nothing to do with it.

**Virgo** Aug. 24-Sept. 22

Someone will let you in on a secret today, but watch out because he or she may be using it as a hook to find out something that you would rather the world did not know about.

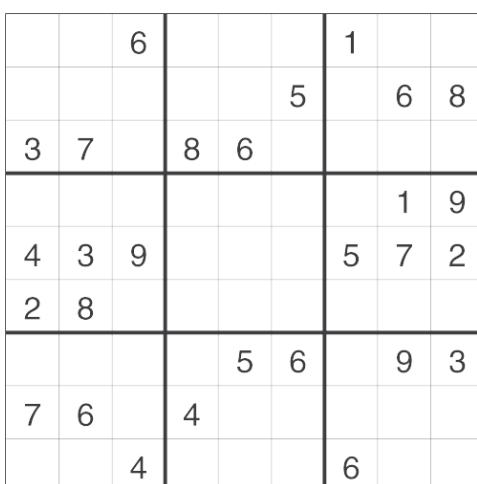
**Scorpio** Oct. 24-Nov. 22

Don't get angry if you have to pay over the odds for something today. It's only money, and if you did not spend it on this you would spend it on something else, no doubt just as frivolous.

**Sagittarius**

Nov. 23-Dec. 21 There is no point trying to keep something secret from the people who know you best because they can read you like a book. Whatever it is, own up to it.

## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

[Yesterday's answer](#)



## Send a KISS

Show some love! Send a note to somebody special at [kiss@metronews.ca](mailto:kiss@metronews.ca)

Ricky, my love! I just wanted to let you know how happy I am with you. Not a day goes by that I don't think of you and how lucky I am to have found you. Happy anniversary! JANE

Sandra O' You are the one and only person I could ever love. You have made me the happiest man in the world. You complete me, Will you marry me? LOVE JB

To my loving husband Dave, I am so lucky to wake up to you everyday. I love you more and more everyday and look forward to the years ahead. With love SHAILEEN XO

Dear Niraj T, You are the love of my life, you've always been there for me. I have learned so much from you through the past years, Happy six years and three months baby, I love you. LOVE YOUR LIL ONE KN

**Michele McDougall**  **Weather Specialist**

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." WEEKDAYS 6AM



## A look at the weather

**TODAY** **WEDNESDAY** **THURSDAY**

 Min -30°  Min -25°  Min -21°

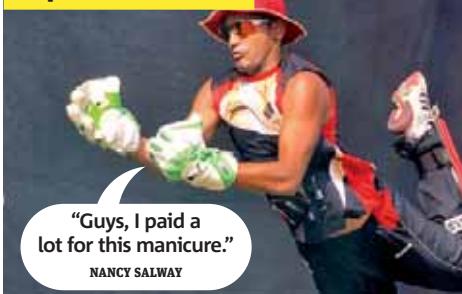
Max -20°

Max -18°

Max -16°

AJAZ RAHI / THE ASSOCIATED PRESS

## Caption contest



"Guys, I paid a lot for this manicure."

NANCY SALWAY

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write it!**

Write a funny caption for the image to the right and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.



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## Deals of the week

GREAT DEAL ON A HOT PACKAGE TO THE CARIBBEAN | AIR, HOTEL & TRANSFERS • 1 WEEK



CARIBBEAN, MEXICO & USA | AIR, HOTEL & TRANSFERS • 1 WEEK

**HAWAII** | Maui via Vancouver or Calgary  
Aston Maui Lu

Standard garden view rm. EZ deal • Apr. 6 & 11

**MEXICO** | Cancun/Riviera Maya via Calgary  
Gran Bahia Principe Tulum PRIVILEGES

All-Inclusive • Standard rm. • May 7

**MEXICO** | Cancun/Riviera Maya via Calgary  
Occidental Grand Xcaret

All-Inclusive • Deluxe rm. • May 7

**MEXICO** | Los Cabos via Calgary  
Barceló Los Cabos Palace Deluxe PRIVILEGES

All-Inclusive • Deluxe junior suite • May 7 - 28

**MEXICO** | Los Cabos via Calgary  
Dreams Los Cabos Suites Golf Resort & Spa

Unlimited-Luxury® • Junior suite ocean view • May 7 - 28

**MEXICO** | Puerto Vallarta/Riviera Nayarit via Calgary  
Meliá Puerto Vallarta PRIVILEGES

All-Inclusive • Deluxe garden view rm. • Apr. 2 - 23

**BAHAMAS** | Nassau via Toronto  
Breezes Bahamas

Super-Inclusive® • Deluxe oceanview rm. • Apr. 5 & 12

**GRENADA** via Toronto  
Grenadian by rex resort

All-Inclusive • Hillside rm. • Apr. 2 & 9

**\$939**  
Add taxes & other fees: \$113

**CUBA** | Varadero via Calgary  
Sirenis La Salina Varadero Beach Resort

All-Inclusive • Standard rm. • Apr. 10

**\$1089**  
Add taxes & other fees: \$244

**CUBA** | Varadero via Calgary  
Meliá Varadero PRIVILEGES

All-Inclusive • Standard rm. • May 1

**\$1109**  
Add taxes & other fees: \$244

**CUBA** | Santa Clara via Calgary  
Barceló Cayo Santa María

All-Inclusive • Junior suite • Mar. 12

**\$1089**  
Add taxes & other fees: \$254

**JAMAICA**  
Gran Bahia Principe Jamaica PRIVILEGES

All-Inclusive • Junior suite • Mar. 10 & 17

**\$1489**  
Add taxes & other fees: \$254

**DOMINICAN REPUBLIC** | Punta Cana via Calgary  
Paradisus Punta Cana Resort PRIVILEGES

All-Inclusive • Deluxe junior suite • Mar. 8 - 22

**\$1359**  
Add taxes & other fees: \$141

**DOMINICAN REPUBLIC** | Punta Cana via Calgary  
Gran Bahia Principe Punta Cana PRIVILEGES

All-Inclusive • Junior suite • Mar. 15 & 22

**\$1409**  
Add taxes & other fees: \$143

**DOMINICAN REPUBLIC** | Punta Cana via Calgary  
Excellence Punta Cana PRIVILEGES

All-Inclusive • Junior suite garden view • Mar. 22 • ADULTS ONLY

**\$1579**  
Add taxes & other fees: \$188

**ANTIGUA** via Toronto  
St. James's Club and Villas PRIVILEGES

All-Inclusive • Club rm. • Apr. 10

**\$999**  
Add taxes & other fees: \$153

**\$1299**  
Add taxes & other fees: \$153

**\$1089**  
Add taxes & other fees: \$153

**\$1199**  
Add taxes & other fees: \$125

**\$1199**  
Add taxes & other fees: \$183

**\$1299**  
Add taxes & other fees: \$183

**\$1899**  
Add taxes & other fees: \$183

**\$2669**  
Add taxes & other fees: \$204

**USA** | AIR & HOTEL • 3 NIGHTS

**NEVADA** | Las Vegas via Vancouver or Calgary  
Excalibur Hotel & Casino

Hotel rm. • Apr. 9 & 11

**\$519**  
Add taxes & other fees: \$117

**NEVADA** | Las Vegas via Vancouver or Calgary  
Luxor Las Vegas

Pyramid rm. • Apr. 9 & 11

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